

#### ABSTRACT OF THE DISCLOSURE

Disclosed are ready-to-eat puffed dried food products that are high both in protein and in fiber. The cereals contain sufficient amounts of at least one protein ingredient to provide a total protein content about 50% to 75% (dry weight) of the cooked food product; sufficient amounts of at least one dietary fiber ingredient to provide a total fiber content of about 1-45% (dry weight); and sufficient amounts of a starch containing ingredient to provide a starch content of about 5-45%. The food products have a crush strength ranging from about 0.25 to 3.5 kg/cm<sup>3</sup>.